Chapter 1: Two Little Hands

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1.1 Let us sing — Two Little Hands

Q1 Sing the poem 'Two Little Hands' aloud with actions.

Sing the poem while doing the actions: clap hands, tap feet, open eyes wide, move head side to side.

1.2 Parts of the Body

Q1 Sing 'Head, Shoulders, Knees and Toes' and touch each part as you sing.

Touch your head, shoulders, knees, toes, eyes, ears, mouth, and nose as you sing each word.

1.3 Let us speak A — Repeat

Q1 Complete the sentence: I clap with my ___.

I clap with my hands.

Q2 Complete the sentence: I tap with my ___.

I tap with my feet.

Q3 Complete the sentence: I look with my ___.

I look with my eyes.

Q4 Complete the sentence: I walk with my ___.

I walk with my legs.

1.4 Let us speak B — Talk in pairs

Q1 Your partner points to your nose and asks 'What is this?' What do you say?

This is my nose.

Q2 Your partner points to your shoulders and asks 'What are these?' What do you say?

These are my shoulders.

Q3 Your partner points to your hands and asks 'What are these?' What do you say?

These are my hands.

Q4 Your partner points to your legs and asks 'What are these?' What do you say?

These are my legs.

1.5 Match the parts of the body with their pictures

Q1 Match each body part name with its picture: Head, Nose, Eye, Ear, Cheek, Hand, Tongue, Arm, Mouth, Foot, Leg.

Head — child's face/head; Nose — nose picture; Eye — eye picture; Ear — ear picture; Cheek — rosy cheek; Hand — palm picture; Tongue — tongue picture; Arm — bent arm/bicep; Mouth — open mouth/lips; Foot — foot with toes; Leg — lower leg picture.

1.6 Let us read — Sense organs

Q1 Read and say: I see with my ___.

I see with my eyes.

Q2 Read and say: I hear with my ___.

I hear with my ears.

Q3 Read and say: I smell with my ___.

I smell with my nose.

Q4 Read and say: I eat with my ___.

I eat with my mouth.

Q5 Read and say: I feel with my ___.

I feel with my skin.

1.7 Let us do — My Hand

Q1 Place your palm on the page, draw its outline, and decorate it. Then compare with a friend's drawing.

Place one palm flat on the box, trace around it with your other hand, then colour and decorate the outline. Compare the size and shape with your friend's hand tracing.

1.8 Let us do — Washing Hands

Q1 What are the steps for washing hands? Write them in order.

1. Open the tap or pour water on your hands. 2. Rub soap on your hands. 3. Wash between your fingers. 4. Rinse your hands again.

1.9 Let us sing — Alphabet song

Q1 Sing the alphabet song: ABCDEFG HIJK LMNOP…

Sing: ABCDEFG, HIJK, LMNOP, QRST, UVWXYZ. X Y Z, sugar on bread, next day morning come to me, we will learn the ABC, happy happy we shall be, when we know the ABC.

1.10 Let us write — Write the letters

Q1 Trace and write the letters: Aa, B, Cc, D, Ee, F.

Trace each letter carefully following the dotted lines: Aa, Bb, Cc, Dd, Ee, Ff. Write each letter neatly.

1.11 Let us sing — Phonics song

Q1 Sing the phonics song. What is 'a' for? What is 'b' for?

'a' is for ant, 'b' is for bag, 'c' is for cat, 'd' is for dog, 'e' is for egg, 'f' is for fish.

1.12 Let us speak — Letter sounds

Q1 Look at the pictures and say the words aloud. What sound does each word begin with?

a — axe (/a/), ant (/a/), arm (/a/); b — bag (/b/), bee (/b/), boy (/b/); c — cart (/k/), cap (/k/), cat (/k/); d — den (/d/), door (/d/), dog (/d/); e — egg (/e/), ear (/e/), elephant (/e/).

1.13 Odd one out

Q1 Find the odd one out: bag, cap, balloon.

cap (bag and balloon begin with 'b'; cap begins with 'c')

Q2 Find the odd one out: apple, ant, clock.

clock (apple and ant begin with 'a'; clock begins with 'c')

Q3 Find the odd one out: egg, dog, drum.

egg (dog and drum begin with 'd'; egg begins with 'e')